

Simple Grounding Techniques

Some of the people you serve may come to you triggered or may get triggered during a conversation. When this happens, what we know is it time to back-up, ground, and re-engage. These simple techniques are shared with you in the event you may find them helpful in those or other situations (or even for yourself😊)!

1. Stomp your feet to remind yourself where you are. Press your feet firmly into the ground.
2. Try to notice where you are, surroundings, including people or sounds around you, like the TV or radio.
3. Concentrate on your breathing. Take a deep, cleansing breath from your belly.
Count the breaths as you exhale. Make sure you breathe slowly so you don't hyperventilate.
4. Cross your legs and arms. Feel the sensations of you controlling your body.
5. Think of a friend and ask them to talk to you about something you have recently done together.
6. Drink water or wash your face and feel the water touching your body.
7. Keep a rubber band on your wrist and pluck it. Feel the slight sting as it touches your skin.
8. Find your pulse on your wrist and count the beats per minute. Concentrate on feeling the blood pulse throughout your body.
9. Go outside and sit against a tree. Feel the bark pressing against your body. Smell the outside aromas like the grass and the leaves. Run your fingers through the grass.
10. If you are sitting, stand. If you are standing, sit. Pay attention to the change. Reminding yourself, you are in control.
11. Rub your palms, clap your hands. Listen to the sounds. Feel the sensation.
12. Speak out loud any ruminating thoughts you might be having.
13. Hold something comforting. Could be a stuffed animal, pillow, or blanket. Notice how it feels in your hands.
14. Eat something. How does it taste? Sweet or sour? Is it warm or cold?
15. If you have a pet, recall petting them and the feel of their fur beneath your hand. Say the pet's name out loud.
16. Go to a mirror and smile. Watch your reflection as your expression changes. How does it make you feel?
17. Visualize a bright red STOP sign, to help you stop the flashback and/or memory.
18. Step outside. If it is warm, feel the sun shining down on your face. If it is cold, feel the breeze.
19. Recall a list of things that are in your house and what room they are in.
20. Make a list of positive affirmations. Read the list out loud.
21. Take a walk outside and notice what is there. Pay attention to houses and count them.
22. Listen to familiar music and sing along to it. Dance to it.
23. Write in your journal or any piece of paper.
24. Imagine yourself in a safe place. Feel the safety and know it.
25. Meditate or take a mindful pause of any length, if you are comfortable doing it.
26. Give it to the trouble tree.
27. Be like the sky and let the storm pass through you.